
















Joseph Pilates: Beginners Routine

 <p>Hundred</p>	 <p>Roll Over</p>	 <p>One Leg Circles</p>	 <p>Rolling Back</p>	 <p>One Leg Stretch</p>	 <p>Double Leg Stretch</p>
 <p>Spine Stretch</p>	 <p>Rocker With Open Legs</p>	 <p>Corkscrew</p>	 <p>Saw</p>	 <p>Swan Dive</p>	 <p>One Leg Kick</p>
 <p>Bicycle</p>	 <p>Shoulder Bridge</p>	 <p>Spine Twist</p>			

Lesson Plan Description:

This lesson plan has 15 of the 34 classical Joseph Pilates mat exercises. It includes the beginning of the routine which are the warm ups.

You can create lesson plans like this using the [Genie Lesson Planner](#)